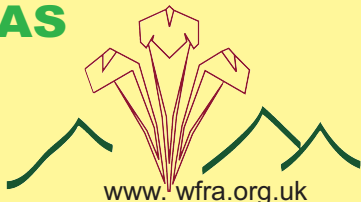


**CYMDEITHAS
RHEDWYR
MYNYDD
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2006 AWST
CYLCHGRAWN
NEWSLETTER
AUGUST 2006**

A GENTLEMANS FELL RUNNING, CYCLING AND EPICUREAN ADVENTURE

SIMON BLEASE

Like all daft things, the idea for the GFRCEA arrived in a pub on a gloomy late winter day, as a bedraggled group of runners tried to warm up after a Winter League Race. As was usual, much banter was directed around what to do in the eagerly anticipated summer. I had been musing on an idea floated by Chris Gildersleve (Toffer) which involved running Snowdon, cycling south and running Pen Y Fan, so linking the highest points in North and South Wales in one day. The fly in the ointment was the cycling. Conservative estimates put the distance at 120 miles which would make for a very tough day out. Applying my usual reductionist logic I said 'Why not do it over 2 days and then we can have some fun as well?'

It then became immediately obvious that we could introduce even more elements and so it was that the full GRFCEA plan was hatched. In a nutshell, the proposal was to run up Snowdon, Cader Idris, Plynlimon and Pen Y Fan in one weekend, linking them together by bicycle and taking in some of the famous fell running watering holes on route. My fellow plotters, Martin 'Old Greybeard' Lucas and Mark Bryant agreed that this would be a fun idea so I went home that evening and immediately started drawing up plans. My first dilemma was road bike or mountain bike for the cycling legs, as I was aware of some pretty steep climbs and maybe the potential to use off-road routes. I floated the idea on the FRA forum and got a pretty clear answer. Road bikes it was then! The idea generated a fair bit of interest on the forum and from it we were very lucky to find a willing driver for the support vehicle, Andy Mullet (The Original Boy Wonder) and an enthusiastic organiser for the dark Mid-Wales section, Matthew Hand (Molehill).

After a bit of tinkering, a doable schedule was drawn up which saw us starting at Pete's Eats in Llanberis for the full fry breakfast on Saturday July 1st, finishing with a black tie dinner in the Nant Ddu, just outside Merthyr Tydfil, on the Sunday evening. Just so that everyone was clear about the nature of the event, I decided that the 'competitive' element would be based on weight. The person who gained the most (or lost the least) weight would be the winner!

Now we had a plan, we just needed more participants. A round-robin email to MDC soon collected John Aggleton and his son Hugh, Douglas Adlam and Keri James giving a total of 9 willing (and deranged) participants. Even better, John, Douglas and Keri would be supported by their long suffering families which took a lot of pressure off the main support vehicle. The final pieces of the jigsaw fell into place with the co-option of the redoubtable



'The Gentlemen' preparing to take Plynlimon, Hafren Car Park, 9am Left to right. Chris Smales, Wheeze, Doug Adlam (hidden), Old Grey Beard, Keri James (front), Mark Bryant, Andy Mullet, Toffer (partly hidden), John Aggleton, Hugh Aggleton, Molehill

and resourceful Rod 'The Rally' Jones as co-driver for the van and the confirmation that Kay Lucas would also be joining in the fun just weeks after suffering a stroke. Having followed events with interest on the forum, Chris and Kath Smales from Todmorden (Chris and Joliver Jim) planned to join us for some of the running and the Saturday night festivities.

As most of the Adventurers were from South Wales, we met at the Nant Ddu on Friday evening to load up the van, have the weigh-in and depart for our first overnight stop which was to be the cottage owned by Andy Mullet's family in an idyllic setting just outside Tremadoc.

Saturday dawned to clear blue

skies and rising temperatures which were to become a feature of the whole weekend, making things pleasurable and difficult in equal measure. We made Pete's Eats bang on 8 o'clock opening time which was to be the only time we were on schedule for the rest of the day. After the mandatory full-fry, we biked-up and set off on the short leg to Ynys Ettws for the traverse of Snowdon. This all took a lot longer than planned and we lost one of the crew as they thrashed on, bit well between the teeth, all the way to Pen Y Pass. The ascent from Ynys Ettws is steep but peaceful with non of the crowds that infest the popular routes but it took us a long time. After a bit of fun on the pinnacles, we

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Discounts

The shops listed below have confirmed that they will give WFRA members a discount on purchases. This may not be on all items (eg sale items). Discount is normally 10% unless indicated otherwise. Remember to show your WFRA membership card.

ATHLETES FEET

Rhuddlan

BLACKS

Betws y Coed and

Llandudno

CONWY OUTDOOR SHOP

Conwy

COTSWOLD

Betws y Coed

JOE BROWN SHOPS

Llanberis and

Capel Curig

PETE BLAND SPORTS

Kendal

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

FRONTIER

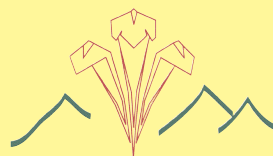
Llandudno

ULTIMATE OUTDOORS

Betws y Coed, Skipton,

Keswick and Lancaster

If there are other retailers members would like to be included please contact any Committee member.



ANNUAL GENERAL MEETING

The second
Welsh Fell Runners Association AGM

will take place on

SUNDAY 5th NOVEMBER

AFTER THE

CLWYDIAN HILLS RACE

IN CILCAIN VILLAGE HALL

Any nominations or items for inclusion on the Agenda must be notified to the Secretary by 8th October.

The meeting will commence as soon as possible after the race and will follow the

**WFRA
CHAMPIONSHIPS PRESENTATIONS**

Clwydian Hills Summer Trots

Hot on the Hills

Martin Cortvriend

This series of 3 challenging races on Wednesday evenings was held for the second year this summer in the rolling Clwydian Hills. Warm evenings were a feature of the end of June and the whole of July and a fair number of bare-chested (male) runners were spotted. The number of participants was up by over 50% - 230 entries as opposed to 150 last year. The first race at The Druid Inn in Llanferres took place on Midsummer's Day - very appropriately! Although run from a different venue this still climbs up and around the hill fort of Foel Fenlli. Another climb up a hill fort was to Moel Gaer which figured in the second race, Hotfoot up Famau, using the same course as last year. Finally the last race in the series at Llangynhafal utilised the same paths as previously but this year in a different configuration - we felt it appropriate to change the race name to The Brown Green Grass of Home to reflect the parched brown conditions and the route change. In fact using the same climbs and descents in various different combinations we can potentially come up with a different route each year for the next 20 years!

Ian Houston of Wrexham AC, who knows these hills very well, achieved a clean sweep by winning all 3 races, despite a strong challenge from Liverpool Harrier Adam Peers in the final event. Buckley's Dawn Urquhart was the ladies winner at The Druid and Sarah Hammond of Tattenhall won the next two. The happy band of Tattenhall Runners from over the Cheshire border were tremendous supporters of all 3 races with their capitano Mark Smith encouraging virgin fell runners by describing these as ideal fell runs for the novice! Plenty of support came from local clubs especially the growing numbers of Clwydian Range Runners.

I always try hard to organise

events that require little in the way of extra help avoiding road crossings, gates etc as much as possible. Nonetheless we still need assistance and we're very grateful to all those who volunteered (or were press ganged) into helping. Looking ahead to next year we shall be creating a special award for those who have completed 7 Summer Trots (this will also include those who have assisted with marshalling, timekeeping, playing bagpipes etc which therefore guarantees one for me and John!)

continued from page 1

made the summit in good shape and set off down Bwlch Main to Bethania in Nant Gwynant. It was hot and muggy by now and a dip in Aber Glaslyn was most welcome before saddling up for a quick blast to Beddgelert and then more time wasting at the ice-cream shop.

The long cycle from Beddgelert to Barmouth was, for me, one of the highpoints of the trip. The weather was beautiful and the back road to Harlech quite delightful as we pedalled under the shade of the trees and took in the views. On one of the long downhill drops towards Barmouth, the peloton recorded a group speed of 42 mph which for me, as an inexperienced cyclist, was fantastic fun. I could feel myself becoming hooked and I was surprised how quickly we seemed to get places. After another over-long refreshment break at Barmouth seafront (who cares about schedules anyway!!) we set off over the tollpath on the Mawddach railbridge before tackling the steep lanes on the approach to Cader Idris. We were getting to the fag-end of a hot and sultry day by now and it was a weary group that set off from transition up the Pony path in the sweat and the flies. To try and break the monotony and lift spirits, I called up my son to see how England were getting on against Portugal only to be told that Beckham was off injured and Rooney was red-carded! Fortunately, mother nature came to the rescue with some spectacular views of our descent off Cader Idris, around the north side of Llyn Cau. We arrived at the rendezvous with our support crew in Minffordd just as the penalty shoot-out was blaring out from car radios.

The predictable failure of the boys in white seemed to suck



Competitors at the start of The Druid

A Gentlemans Fell Running, Cycling and Epicurean Adventure

out the last of our flagging spirits especially with the realisation that we were so far behind schedule that we would miss our evening meal if we set off on the remaining 25 mile cycling leg to our overnight stop at Llangurig. Faced with an inevitable mutiny, I bowed to the obvious and everyone piled into the vehicles for a relieved drive over the tough but beautiful back roads to Plynlimon and on to Llangurig.

Molehill had done some excellent homework for us as the Bluebell Pub and Inn in Llangurig turned out to be an ideal mid-way halt. Nothing

was too much trouble for the owners as we crammed into their tiny dining room for a celebratory meal and drink. Moley even got his balls back, but that's another story!

The following morning dawned hot and sultry again but it was a refreshed and eager group who made their way to the Hafren forest car park which had been our target for the preceding day and was the location for our out-and-back assault on Plynlimon. This is a middling-tedious way of tackling this uninspiring summit and the lower reaches proved even sweatier and more fly infested

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Mynydd Troed 6 miles - 2400'

A pleasant day for the first running of this metamorphosis of the Llangorse Loop, and an exciting tussle for first place.

Darby, John Sweeting, Sue Ashton and Gerry Ashton for course marking, marshalling and timing.

Dick Finch

Matt and Mark went head-to-head for most of it, with Matt edging away and hanging on to set a challenging time for future record attempts.

A good performance by Helen Fines for 7th overall.

Joe Blackett did well for 3rd especially after his exertions in the Cadair Idris race 24 hours before.

Thanks to the Ludlow and Sri Chinmoy contingents who together made up nearly a third of the field. Privileged to have two lasses from the Edinburgh section of the Sri Chinmoy 'movement'.

And thanks to John

1 Matthew Collins	MDC	M	56.42
2 Mark Palmer	MDC	M40	56.54
3 Joe Blackett	Dark Peak	M40	65.32
4 Mark Saunders	MDC	M40	70.00
5 Tony Robson	Pennine	M	70.09
6 Gary Pearson	Croft Ambrey	M	70.52
7 Helen Fines	Bristol & W	F	71.28
8 Simon Norwood	Ludlow	M	71.32
9 David Currie	Southampton	M	72.56
10 Martin Callaghan	Ludlow	M	73.05
11 Russell Mapp	Ludlow	M40	73.42
12 Martin Shaw	Brecon	M	73.47
13 Russell Ashdown		M	74.06
14 Mick Ligema	Ludlow	M50	75.19
15 Roger Chamberlain	Sri Chinmoy	M	76.59
16 Simon Blease	Brycheiniog	M40	78.07
17 Andrew Blackmore	MDC	M	78.40
18 John Darby	Mynydd Ddu	M50	78.47
19 Adrian Stott	Sri Chinmoy	M50	78.48
20 Richard Hooley	MDC	M50	79.15
21 Andy Stott	MDC	M40	79.30
22 Alice Bedwell	MDC	F40	79.32
23 Dhavala Stott	Sri Chinmoy	F	79.50
24 Christine Currie	Southampton	F	83.16
25 Phil Conridge	Chepstow	M40	84.12
26 Chris Good	Ludlow	M40	86.30
27 Amelia Lloyd	Sri Chinmoy	F	86.39
28 Gary Gunner	Croft Ambrey	M60	86.56
29 Pete Morfe	Cardiff Harl	M50	87.41
30 Tom Davies	Croft Ambrey	M50	92.36
31 Adriano Evola	Aberystwyth	M40	94.51
32 Helen Bennett	MDC	F	95.34
33 Clive Evans	Aberystwyth	M50	101.14
34 Graham Wood	Ludlow	M40	104.14
35 Bhailiya Moss	Sri Chinmoy	F40	104.22

BUMPER CHRISTMAS NEWSLETTER

will be out beginning of December.

Please send your Greetings and 'stuff' by November 10th at latest

Blaengwynfi Three Peaks

Ah, the scream of scrambler bikes, the smell of frying lard from a thousand terraced house kitchens and the merry tinkle of broken glass – it must be Sunday lunchtime in the Jewel of the Valleys! But above the village this area has some of the best open grassland running, and some of the steepest climbs, in South Wales, so it was disappointing that a small field turned up for the first race in the WFRA Open Championship. However, the small turnout meant that high points were scored by some who would normally not, giving them a head start in the championship that the non-travellers will have to work hard to make up.

Overcast skies but good visibility and excellent conditions underfoot meant that a keen race was in prospect, and Crispin Flower and Joe Blackett did not disappoint at the sharp end, appearing together over the skyline above the village. The spectators and the locals who had torn themselves away from the footie in the Great Western to see what all the noise was about were then treated to a comedy finish, with both runners falling, Crispin losing ground by trying to descend a 30 foot vertical stone wall then Joe taking in the myriad delights of the village before appearing out of a side turning wearing one shoe and surprising Crispin as well as the rest of us. The last 100 yards was a

C. Flower	Mynydd Du	SM	69.16
J. Blackett	DPFR	VM	69.17
I. Hughes	Shrewsbury	SM	70.27
P. Wooddisse	MDC	SM	76.06
J. Syms	MDC	SM	77.23
D. Burton	Tarren H	VM	80.59
M. Learoyd	MDC	VM	85.09
A. Blackmore	MDC	SM	86.21
J. Darby	MDC	SV	87.27
R. Hooley	MDC	SV	87.55
R. Powell	WFRA	SV	89.20
R. Chamberlain	SRI C.	SM	98.40
A. Dunscombe	Brackla H	SM	98.54
H. Bennett	MDC	SF	98.55
T. Robson	Pennine FR	SM	100.18

neck and neck sprint, with the younger man just sneaking it on the line after 70 minutes running.

Everyone else appeared in good order, though tales were told of navigational misdemeanours around the Blaengarw Rottweiler Academy and midges the size of bats on the infamous Bunny climb. Our hosts at the GW were, as ever, generous with the sandwiches and with prizes going well down the list I think everyone left fat, happy and with all the wheels still attached to their cars. Sincere thanks to all the marshals, and especially to Kay, making her return to marshalling duties after serious illness.

Seriously though, this is a super area for running and with the Afan Argoed mountain bike centre just down the road there's no excuse to miss exploring some fine but lesser-known hills in South Wales' own 'Little Switzerland'.

Old Greybeard

Râs Pumlumon

Sunday 25th June 5 m/1550'

When three fell-running members of Mid Wales Orienteers first staged the 12_ mile/3900' Nant-y-moch Skyline Race in 1999, we knew it was bound to be a struggle persuading fell-runners to come to Mid Wales, and local runners to try getting their daps dirty.

But in 2005 the field was smaller than the number of landowners and graziers we'd asked for permission, so we decided to review the situation. The result was Râs Pumlumon – one landowner, one grazier, no fences, no bottlenecks, no dodgy river crossings, and still the chance for runners to admire Pumlumon's one mountainous face, as they climb above the source of the Rheidol.

Of course, being selected in the first year as a Welsh Champs race ensured a good fellrunner turnout, but we still haven't cracked the problem of getting local runners out in numbers, despite loads of contacts with the clubs. Is it a primaevial fear of remote mountain terrain, or the absence of route-marking, toilets and drinks stations? What is it that makes 10k on tarmac so much more attractive than 9k in the hills?

This year for the first time, we enjoyed the luxury of safety radio cover in the shape of Team Dolly (Dolly is a sheep) who came down from North Wales the day before and camped by Nant-y-moch reservoir, where



Michael James of Shrewsbury AC first to Pumlumon summit and race winner
(Photo Dave Ormerod)

they helped Dolly's owner, Pedr Williams, celebrate his 60th. Just as well the race didn't start till midday!

Weather on the day was near-perfect – overcast and cool – with a thin veil of mist on the high ground preventing runners from enjoying Pumlumon's legendary views, of more than 300 wind turbines. In fact the only remaining unturbined view is to the north-west – an oversight which the Welsh Assembly Government plans to remedy very soon.

Shrewsbury AC had an excellent day, with Michael James winning in 44.30, Anna Bartlett first lady in 50.58 and Graham Jones 1st V50. Other class winners were Stephen Gilliland of Bro Dysynni (V40), Don Williams of Eryri (V60), Gill Evans of Shepshed (LV40) and Maggie Oliver of Eryri (LV50). Local prize went to Nant-y-moch Skyline stalwart Dave Powell of Machynlleth.

We set off for home just as the Skyline race winner would have been finishing!

Photos by Pete Mcmillan are on the race website at www.nantmoch.org.uk

Richard Wilson

Moelfre Dash - 9 miles 1900'

15 JULY

For the first time, the best guess for dates made in October proved wrong, so the race was based in the village rather than the fair ground, an opportunity to try out a straightforward 'dash' to the top of Moelfre & back, reducing the distance from 9 to 7 miles and upgrading the race to FRA Grade AM

By Thursday we had only 9 entries and 2 marshals but, as always, the community came good: the village policeman happened to have planned a family picnic on Moelfre; a friend rang to incorporate route marking into a family walk; a stalwart past marshal set out the route from the village.

After a leisurely set up through the morning, entries started to come in, giving 35 entries with 33 starting, a good mix of seasoned club runners, with novice and local entries for

this the shortest race of the series.

The fog-horn sounded by the landlord of the nearby Ty Mawr at 1:30, the field started on a hot July afternoon towards top of the mountain that dominates the village.

Steve Gilliland (Bro Dysynni) the race record holder was first on the mountain at 24 minutes with Dewi Roberts and Adam Haynes just behind and Amanda Wilde, first lady & local entry, through at 28 minutes.

Binoculars showed the coloured gear of the runners scaling the long, steep ascent with the cairn and marshals clearly visible against the skyline.

To both negotiate and navigate the rocky base proved too much for some with runners hitting the bottom lane at all points before locating the checkpoint

and the fast downward route to the woods & river valley below.

Steve Gilliland increased his lead to finish in 1:07:10, a good base time for this new route. Dewi Roberts (Eryri) & Adam Haynes (Meirionydd) made some early jockeying for second place, Adam finishing in 1:13:38, Dewi at 1:21:04.

Yiannis Tridimas (Bowland) was 4th and at 61 years the fastest of both his class and the Vet 50's whilst ex-mountain biker Amanda Wilde landed trophies for winning both Ladies & Local race classes.

For a perfect race next year, we may need to mark the rock field crossing, but the de-briefing review suggested the Moelfre Dash is a good course with thanks as always to the people of Llanbedr who sponsor & manage the race series so effectively.

Brian Macdonald

Thanks

To everyone who has contributed to this newsletter, with particular thanks to Kay and Martin Lucas our statisticians who have produced all the tables

OCTOBER 1 ARENIG FAWR
 OCTOBER 21 RHINOG HORSESHOE
 NOVEMBER 5 CLWYDIAN HILLS

NORTH WALES SERIES - THREE RACES REMAINING

Full table on www.wfra.org.uk or contact Ross Powell

Pos	Name	Club	Cat.	Pipe Dream		Llantysilio		Cader Idris		Pumlumon		Y Garn		Leg End 9		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Huw Lewis	Buckley	M40	43.45	92.49	58.20	89.22	113.01	71.51	51.28	86.81	35.43	89.17	83.35	96.32	525.51
2	Don Williams	Eryri	M60	44.06	91.63	58.05	89.69	109.57	75.00	51.41	86.34	38.16	81.26	84.35	95.08	518.99
3	Kean Rowlands	Clwydian	M40	45.27	88.31	64.38	77.26	126.52	55.76	57.50	72.81	37.15	84.41	89.29	89.00	467.55
4	John Morris	Buckley	M60	46.34	85.57	65.37	75.39	121.52	61.45	55.02	78.97	39.22	77.84	93.04	84.55	463.77
5	John Linley	Clwydian	M50	50.35	75.70	65.31	75.58	121.33	61.81	54.43	79.66	39.36	77.12	90.36	87.61	457.48
6	Graham McAra	Cheshire	M50	45.31	88.15	58.44	88.46	109.29	75.53	51.00	87.84	35.18	90.46		0.00	430.43
7	Emyr Davies	Eryri	M60	47.03	84.38	62.50	80.67	118.49	64.91	53.38	82.05		0.00	88.00	90.84	402.85
8	Nigel Rowlands	Clwydian	M	46.20	86.14		0.00	125.10	57.70	53.30	82.34	38.35	80.28	88.10	90.63	397.08
9	Rob Jones	Clwydian	M50	46.55	84.71	65.19	75.96	120.34	62.92		0.00	39.04	78.78	92.35	85.15	387.52
10	Ross Powell	WFRA	M50	47.10	84.09	69.26	68.14	121.50	61.48	54.57	79.15		0.00	91.29	86.52	379.38
11	Andrea Roberts	Eryri	F	49.25	78.56		0.00	127.57	54.53	56.35	75.56	38.56	79.19	89.20	89.18	377.02
12	Scott Butterworth	Eryri	M	43.39	92.73	56.51	92.04		0.00		0.00	35.25	90.10	80.59	99.54	374.41
13	Ben Amesbury	Clwydian	M	42.51	94.70	56.43	92.29	117.47	66.09		0.00	35.39	89.38		0.00	342.46
14	Dawn Urquhart	Buckley	F	48.19	81.27	65.15	76.08	129.44	52.50	73.26	38.50	43.02	66.47		0.00	314.82
15	Sandra Rowlands	Clwydian	F	58.39	55.87	72.53	61.59		0.00	64.45	57.60	44.33	61.76	101.41	73.86	310.68
16	Charles Enston	Eryri	M	47.31	83.23		0.00	127.03	55.55		0.00	37.35	83.38	92.33	85.19	307.36
17	Vic Belshaw	Eryri	M40	48.21	81.18	66.11	74.31	119.25	64.23		0.00		0.00	97.53	78.58	298.31
18	Stephen Gilliland	Bro D.	M40		0.00	52.27	100.39	92.13	95.16	44.50	101.40		0.00		0.00	296.95
19	Richard Roberts	Eryri	M	40.25	100.68		0.00	99.06	87.33		0.00	31.19	102.82		0.00	290.83
20	Mathew Gilbert	Wrexham	M		0.00	53.01	99.32	97.53	88.71	46.25	97.92		0.00		0.00	285.95
21	Roland Stafford	Mercia	M		0.00	52.21	100.58	95.39	91.25	49.18	91.58		0.00		0.00	283.41
22	Steve Turk	Shrewsbury	M		0.00	57.05	91.59		0.00	50.40	88.57	35.10	90.88		0.00	271.04
23	Gill Evans	Shepshed	F40		0.00	65.18	75.99	129.13	53.09	58.06	72.22	42.06	69.36		0.00	270.67
24	Bryn Williams	Eryri	M	44.55	89.62		0.00	111.46	72.93		0.00		0.00	80.07	100.62	263.17
25	Graham Jones	Shrewsbury	M50		0.00	55.23	94.82	108.49	76.28	49.46	90.55		0.00		0.00	261.66
26	Robert Hutton	Dark Peak	M40		0.00	60.27	85.20	107.45	77.50		0.00		0.00	82.44	97.37	260.07
27	Anna Bartlett	Shrewsbury	F		0.00	57.13	91.34	106.22	79.07	50.58	87.91		0.00		0.00	258.32
28	Mike Blake	Eryri	M50		0.00		0.00	135.06	46.40	73.26	38.50	37.44	82.91	90.10	88.15	255.97
29	Tom Prytherch	NW Police	M	43.59	91.92	64.01	78.43		0.00		0.00	37.27	83.79		0.00	254.13
30	Philip Jones	Prestatyn	M60	50.49	75.12	71.16	64.66	136.52	44.39		0.00	43.07	66.21		0.00	250.38
31	Maggie Oliver	Eryri	F50	53.35	68.32	71.58	63.33		0.00	68.47	48.73		0.00	105.00	69.75	250.13
32	Dave Powell	u/a	M40		0.00	59.17	87.42	108.55	76.17	52.02	85.57		0.00		0.00	249.15
33	Ellie Salisbury	Eryri	F40	52.02	72.13		0.00	143.18	37.08	60.35	66.76		0.00	102.33	72.79	248.76
34	Paul Stinton	Clwydian	M		0.00	56.06	93.46	124.02	58.98		0.00		0.00	90.03	88.29	240.74
35	Graham Spencer	Mercia	M50		0.00		0.00	113.54	70.50	52.29	84.58	36.59	85.24		0.00	240.32
36	Neville Boler	Dark Peak	M50		0.00	63.02	80.29	119.46	63.83		0.00		0.00	86.54	92.20	236.33
37	Nick Illiff	u/a	M	43.56	92.04	61.15	83.68	124.42	58.23		0.00		0.00		0.00	233.94
38	Michael James	Shrewsbury	M		0.00		0.00	86.19	101.86	44.30	102.13		0.00		0.00	204.00
39	Joe Blackett	Dark Peak	M40		0.00		0.00	96.25	90.38	44.59	101.07		0.00		0.00	191.45
40	Jeremy Williams	Eryri	M40		0.00		0.00		0.00		0.00	35.29	89.89	84.07	95.65	185.55
41	Dylan Owen	Eryri	M40	44.04	91.71		0.00		0.00		0.00	34.41	92.38		0.00	184.09
42	Martin Williams	Eryri	M50	51.55	72.42	70.58	65.23	136.11	45.17		0.00		0.00		0.00	182.82
43	Craig Jones	Eryri	M	41.09	98.88		0.00	103.01	82.88		0.00		0.00		0.00	181.76
44	Richard Horsfield	Dark Peak	M40		0.00		0.00	111.53	72.80		0.00		0.00	81.44	98.61	171.41
45	Martin Cortvriend	Macclesfield	M50		0.00	59.54	86.24		0.00	52.43	84.06		0.00		0.00	170.31
46	Steve Bellis	Wrexham	M50		0.00	56.55	91.91	108.52	76.23		0.00		0.00		0.00	168.14
47	Neal Hockley	WFRA	M		0.00	61.11	83.81	101.46	84.30		0.00		0.00		0.00	168.11
48	Geoff Oldrid	Aberystwyth	M50		0.00	58.37	88.68	108.11	77.00		0.00		0.00		0.00	165.69
49	Chris Jones	Deestriders	M	45.28	88.27	65.05	76.40		0.00		0.00		0.00		0.00	164.67
50	Pez Bullen	Keswick	M40		0.00	58.58	88.02	110.39	74.20		0.00		0.00		0.00	162.22
51	Iorwerth Roberts	Eryri	M60	57.48	57.96	80.22	47.38	180.19	1.00		0.00		0.00	116.13	55.83	162.17
52	Alwyn Oliver	Eryri	M60		0.00		0.00		0.00	57.54	72.66		0.00	92.58	84.68	157.34
53	Darryl Evans	u/a	M40		0.00		0.00		0.00	57.36	73.32	39.26	77.64		0.00	150.96
54	Andy Morgan	Clwydian	M40		0.00		0.00	119.22	64.29	53.20	82.71		0.00		0.00	147.00
55	Peter Hughes	u/a	M40	47.27	83.40		0.00	121.16	62.13		0.00		0.00		0.00	145.53
56	Alan Heath	WFRA	M	45.02	89.33	77.42	52.44		0.00		0.00		0.00		0.00	141.78
57	Paul Jones	u/a	M	54.29	66.11		0.00		0.00		0.00		0.00	101.21	74.28	140.39
58	Andy Price	Forden	M		0.00	65.36	75.42	118.47	64.95		0.00		0.00		0.00	140.37
59	Steve LJ Jones	Eryri	M50		0.00	65.26	75.74	120.29	63.02		0.00		0.00		0.00	138.76
60	Louise Barker	Aberystwyth	F		0.00	68.22	70.17	126.38	56.03		0.00		0.00		0.00	126.19
61	Michael Edwards	Wrexham	M60		0.00	76.39	54.43		0.00		0.00		0.00	116.20	55.69	110.12
62	Lloyd Taggart	Dark Peak	M		0.00		0.00	82.36	106.09		0.00		0.00		0.00	106.09
63	Tim Higginbottom	Eryri	M		0.00	51.00	103.15		0.00		0.00		0.00		0.00	103.15
64	Gary R Williams	Menai	M40	39.37	102.65		0.00		0.00		0.00		0.00		0.00	102.65
65	Gavin Williams	Dark Peak	M40		0.00		0.00		0.00		0.00		0.00	79.21	101.57	101.57
66	Ian Blakemore	Eryri	M40		0.00		0.00	146.13	33.76		0.00	42.50	67.09		0.00	100.85
67	Pete Vale	Mercia	M		0.00		0.00	87.36	100.41		0.00		0.00		0.00	100.41
68	Geran Hughes	Abergele	M	40.45	99.86		0.00		0.00		0.00		0.00		0.00	99.86
69	Rob Crane	WFRA	M		0.00		0.00		0.00		0.00		0.00	80.53	99.67	99.67
70	Adam Haynes	Meirionnydd	M40		0.00		0.00		0.00		0.00	32.22	99.57		0.00	99.57
71	Ian Hughes	Shrewsbury	M		0.00		0.00		0.00		0.00	32.24	99.46		0.00	99.46
72	Ben Beachell	Eryri	M		0.00		0.00		0.00		0.00	32.27	99.31		0.00	99.31
73	Paul Jenkinson	Eryri	M		0.00		0.00		0.00		0.00	32.36	98.84		0.00	98.84
74	SPJ - Jones	Eryri	M50	41.32	97.94		0.00		0.00		0.00		0.00		0.00	97.94
75	Juliet Edwards	Bro D.	F40		0.00		0.00	141.21	39.30	64.19	58.55		0.00		0.00	97.85
76	Crispin Flower	Mynydd Du	M		0.00		0.00		0.00	46.37	97.48		0.00		0.00	97.48
77	Bryan Carr	Congleton	M40		0.00	54.28	96.56		0.00		0.00		0.00		0.00	96.56
78	Gwyn Owen	Eryri	M		0.00		0.00	91.03	96.48		0.00		0.00		0.00	96.48
79	Simon Cash	u/a	M		0.00		0.00		0.00		0.00		0.00	83.42	96.17	96.17
80	Ed Gamble	Cheshire	M40		0.00	54.59	95.58		0.00		0.00		0.00		0.00	95.58
81	Felipe Jonesdiaz	Aberystwyth	M		0.00		0.00	92.21	95.01		0.00		0.00		0.00	95.01
82	Rob Collister	u/a	M50		0.00		0.00		0.00		0.00		0.00	85.15	94.25	94.25
83	Mathew Roberts	u/a	M	43.20	93.51		0.00		0.00		0.00		0.00		0.00	93.51
84	Neil Shepherd	Bowland	M40	43.24	93.35		0.00		0							

OCTOBER 21 RHINOG HORSESHOE
NOVEMBER 5 CLWYDIAN HILLS

OPEN WELSH CHAMPIONSHIP - TWO RACES REMAINING
Full table on www.wfra.org.uk or contact Ross Powell

Pos	Name	Club	Cat	Nat	Blaengwynfi		Pumlumon		Y Garn		Brecon Beacons		Total Score
					Time	Score	Time	Score	Time	Score	Time	Score	
1	Ian Hughes	Shrewsbury	M	W	70.27	103.09		0.00	32.24	99.46	189.14	90.57	293.12
2	John Syms	MDC	M	W	77.23	93.55	52.12	85.20		0.00	221.32	71.89	250.64
3	Ross Powell	WFRA	M50	W	89.20	77.11	54.57	79.15		0.00	236.43	63.11	219.37
4	Joe Blackett	Dark Peak	M40		69.17	104.70	44.59	101.07		0.00		0.00	205.77
5	Crispin Flower	Mynydd Du	M	W	69.16	104.72	46.37	97.48		0.00		0.00	202.20
6	Steve Turk	Shrewsbury	M			0.00	50.40	88.57	35.10	90.88		0.00	179.45
7	Graham McAra	Cheshire	M50			0.00	51.00	87.84	35.18	90.46		0.00	178.30
8	Huw Lewis	Buckley	M40	W		0.00	51.28	86.81	35.43	89.17		0.00	175.98
9	Dave Powell	Unattached	M40	W		0.00	52.02	85.57		0.00	196.13	86.53	172.09
10	Scott Butterworth	Eryri	M	W		0.00		0.00	35.25	90.10	205.21	81.25	171.35
11	Graham Spencer	Mercia	M50	W		0.00	52.29	84.58	36.59	85.24		0.00	169.82
12	Donald Williams	Eryri	M60	W		0.00	51.41	86.34	38.16	81.26		0.00	167.59
13	Nigel Rowlands	Clwydian	M	W		0.00	53.30	82.34	38.35	80.28		0.00	162.62
14	Richard Hooley	MDC	M50			87.55	79.06	54.46	79.55	0.00		0.00	158.62
15	Kean Rowlands	Clwydian	M40	W		0.00	57.50	72.81	37.15	84.41		0.00	157.22
16	Martin Shaw	Brecon	M	W		0.00	50.06	89.82	0.00	229.40	67.18	157.00	
17	John Morris	Buckley	M60	W		0.00	55.02	78.97	39.22	77.84		0.00	156.81
18	John Linley	Clwydian	M50	W		0.00	54.43	79.66	39.36	77.12		0.00	156.78
19	Andrea Roberts	Eryri	F	W		0.00	56.35	75.56	38.56	79.19		0.00	154.75
20	Darryl Evans	u/a	M40	W		0.00	57.36	73.32	39.26	77.64		0.00	150.96
21	Roger Chamberlain	SRI Chinmoy	M	W	98.40	64.28	52.49	83.84		0.00		0.00	148.12
22	John Darby	MDC	M50	W	87.27	79.71		0.00		0.00	235.45	63.67	143.37
23	Gill Evans	Shepshed	F40	W		0.00	58.06	72.22	42.06	69.36		0.00	141.59
24	Alwyn Oliver	Eryri	M60	W		0.00	57.54	72.66		0.00	235.57	63.55	136.21
25	Helen Bennett	MDC	F		98.55	63.93	58.43	70.87		0.00		0.00	134.80
26	Mike Blake	Eryri	M50	W		0.00	73.26	38.50	37.44	82.91		0.00	121.41
27	Sandra Rowlands	Clwydian	F	W		0.00	64.45	57.60	44.33	61.76		0.00	119.36
28	Ellie Salisbury	Eryri	F40	W		0.00	60.35	66.76		0.00	264.06	47.27	114.03
29	Mark Palmer	MDC	M40	W		0.00		0.00		0.00	157.53	108.70	108.70
30	Dawn Urquhart	Buckley	F	W		0.00	73.26	38.50	43.02	66.47		0.00	104.97
31	Richard Roberts	Eryri	M	W		0.00		0.00	31.19	102.82		0.00	102.82
32	Seb Shepley	Tarren Hendre	M			0.00		0.00		0.00	168.09	102.76	102.76
33	Michael James	Shrewsbury	M			0.00	44.30	102.13		0.00		0.00	102.13
34	Stephen Gilliland	Bro Dysynni	M40	W		0.00	44.50	101.40		0.00		0.00	101.40
35	Adam Haynes	Meirionnydd	M40	W		0.00		0.00	32.22	99.57		0.00	99.57
36	Ben Beachell	Eryri	M	W		0.00		0.00	32.27	99.31		0.00	99.31
37	Dave Finn	Mynydd Du	M	W		0.00		0.00		0.00	174.42	98.97	98.97
38	Matt Scriven	Mercia	M			0.00		0.00		0.00	174.42	98.97	98.97
39	Paul Jenkinson	Eryri	M	W		0.00		0.00	32.36	98.84		0.00	98.84
40	Matt Gilbert	Wrecsam	M	W		0.00	46.25	97.92		0.00		0.00	97.92
41	Patrick Wooddisse	MDC	M		76.06	95.32		0.00		0.00		0.00	95.32
42	Trefor Jones	Mercia	M40	W		0.00		0.00	34.39	92.48		0.00	92.48
43	Dylan Owen	Eryri	M40	W		0.00		0.00	34.41	92.38		0.00	92.38
44	Roland Stafford	Mercia	M	W		0.00	49.18	91.58		0.00		0.00	91.58
45	Martin Beale	Unattached	M			0.00		0.00		0.00	189.10	90.60	90.60
46	Graham Jones	Shrewsbury	M50	W		0.00	49.46	90.55		0.00		0.00	90.55
47	Jeremy Williams	Eryri	M40	W		0.00		0.00	35.29	89.89		0.00	89.89
48	Ben Amesbury	Clwydian	M	W		0.00		0.00	35.39	89.38		0.00	89.38
49	David Burton	Tarren Hendre	M40	W	80.59	88.60		0.00		0.00		0.00	88.60
50	Lifon Foulkes	Eryri	M	W		0.00		0.00	35.57	88.45		0.00	88.45
51	Andrew Carruthers	Halesowen	M40			0.00		0.00		0.00	192.55	88.44	88.44
52	Adrian Orringe	Mynydd Du	M50	W		0.00		0.00		0.00	193.14	88.25	88.25
53	Anna Bartlett	Shrewsbury	F	W		0.00	50.58	87.91		0.00		0.00	87.91
54	Ifor Powell	Westbury	M			0.00		0.00		0.00	195.53	86.72	86.72
55	Paul Fernandez	Ambingdon	M			0.00		0.00		0.00	196.07	86.59	86.59
56	Helen Fines	Bristol	F			0.00		0.00		0.00	196.10	86.56	86.56
57	Martin Humphreys	Stroud	M			0.00		0.00		0.00	196.19	86.47	86.47
58	Rod Sinclair	Cirencester	M			0.00		0.00		0.00	196.34	86.33	86.33
59	Matthew Lawson	Chepstow	M	W		0.00		0.00		0.00	200.19	84.16	84.16
60	Martin Cortvriend	Macclesfield	M50	W		0.00	52.43	84.06		0.00		0.00	84.06
61	John Marsh	Tarren Hendre	M60	W		0.00		0.00		0.00	200.44	83.92	83.92
62	Tom Prytherch	N W Police	M	W		0.00		0.00	37.27	83.79		0.00	83.79
63	Charles Enston	u/a	M	W		0.00		0.00	37.35	83.38		0.00	83.38
64	Mick Learoyd	MDC	M40	W	85.09	82.87		0.00		0.00		0.00	82.87
65	Andy Morgan	Clwydian	M40	W		0.00	53.20	82.71		0.00		0.00	82.71
66	Emyr Davies	Eryri	M60	W		0.00	53.38	82.05		0.00		0.00	82.05
67	Andrew Blackmore	MDC	M	W	86.21	81.22		0.00		0.00		0.00	81.22
68	Neil Lewis	MDC	M	W		0.00	54.15	80.69		0.00		0.00	80.69
69	Geoff Oldrid	Aberystwyth	M50	W		0.00		0.00		0.00	207.03	80.26	80.26
70	Andrew Hearle	Mercia	M50			0.00		0.00	38.44	79.81		0.00	79.81
71	Pez Bullen	Keswick	M40			0.00		0.00		0.00	208.01	79.70	79.70
72	Robert Jones	WFRA	M50	W		0.00		0.00	39.04	78.78		0.00	78.78
73	Gareth Jones	Eryri	M	W		0.00		0.00	39.30	77.43		0.00	77.43
74	Richard Morgan	POW	M40	W		0.00	55.51	77.17		0.00		0.00	77.17
75	Dan Simmons	Unattached	M			0.00		0.00		0.00	212.30	77.11	77.11
76	Russell Lewis	Unattached	M			0.00		0.00		0.00	212.30	77.11	77.11
77	Margaret Oliver	Eryri	F50	W		0.00	68.47	48.73		0.00	298.35	27.33	76.06
78	Paul Edwards	M40	W			0.00	56.28	75.82		0.00		0.00	75.82
79	Owain Llewellyn	u/a	M	W		0.00		0.00	40.09	75.41		0.00	75.41
80	Walter Marsh	Bro Dysynni	M50	W		0.00	56.43	75.27		0.00		0.00	75.27
81	William Mahon	Aberystwyth	M50	W		0.00	57.55	72.63		0.00		0.00	72.63
82	Graham Parton	Shrewsbury	M50			0.00	58.01	72.41		0.00		0.00	72.41
83	David Wood	Dursley	M40			0.00		0.00		0.00	221.39	71.82	71.82
84	Martin Longhurst	GWR	M50			0.00		0.00		0.00	222.35	71.28	71.28
85	Ian Blakemore	Eryri	M40	W		0.00		0.00	42.50	67.09		0.00	67.09
86	Clive Evans	Aberystwyth	M50	W		0.00	60.32	66.87		0.00		0.00	66.87
87	Philip Jones	Prestatyn	M60	W		0.00		0.00	43.07	66.21		0.00	66.21
88	Ruth Cozien	F				0.00	60.53	66.10		0.00		0.00	66.10
89	Dylan Williams	u/a	M	W		0.00		0.00	43.28	65.12		0.00	65.12
90	Andrew Dunscombs	Brackla	M	W	98.54	63.96		0.00		0.00		0.00	63.96
91	Sam Waddy	Unattached	M			0.00		0.00		0.00	235.37	63.74	63.74
92	Martin Callaghan	Ludlow	M			0.00		0.00		0.00	237.09	62.86	62.86
93	Penny Priest	Ludlow	F			0.00		0.00		0.00	237.09	62.86	62.86
94	Tony Robson	Pennine	M		100.18	62.03		0.00		0.00		0.00	62.03
95	Peter Nightingale	Bro Dysynni	M40	W		0.00	63.24	60.57		0.00		0.00	60.57
96	Juliet Edwards	Bro Dysynni	F40	W		0.00	64.19	58.55		0.00		0.00	58.55
97	Robert Griffiths	WFRA	M50	W		0.00	66.29	53.79		0.00		0.00	53.79

Brecon Beacons

This year the race was a counter in the Welsh Fell Runners Association Open / Welsh Championship. Weather conditions at the start of the race were dry, cool and overcast. The winner managed to complete the course in the dry. The rest had to contend with mist and driving rain in the second half of the course.

Huge thanks are due to Astrid and her team of marshalls, who spent hours stocially, and even cheerfully, stuck on the checkpoints helping the runners get round safely.

First runner home was Mark Palmer of MDC (also 1st over 40) in a time of 2 hours 37 minutes and 53 seconds. Seb Shepley of Tarren Hendre was 2nd in 2.48.09. Dave Finn of Mynydd Du and Matt Scriven of Mercia were equal 3rd in 2.54.42. The over 50 category was won by Adrian Orringe of Mynydd Du in 3.13.14, and first over 60 was John Marsh of Tarren Hendre in 3.20.44.

The ladies race was won by Helen Fines of Bristol in 3.16.10. Penny Priest of Ludlow was 2nd in 3.57.09, and 3rd was Ellie Salisbury of Eryri in 4.24.04 (also 1st over 40). The over 50 category was won by Maggie Oliver of Eryri in 4.58.35.

Scottish Islands Peaks Race

GEOFF OLDRID

An almighty searing crashing broke our fitful slumber as the great billowing sail swung round to windward sending the contents of our vessel careering in all directions. A frightful, seemingly interminable, creaking and groaning of the protesting rigging was followed by an eerie silence as it eventually settled taut and recovered, thankfully undamaged.

We had rounded the mull of Kintyre, punching the tide with the wind behind us and before long the huge spinnaker sent us lunging at a frightening pace towards Goat fell on the isle of Arran, the final hill of the challenge. Far behind us now in the setting sun a group of sails could just be made out on the horizon as some of our fellow contestants in turn braved the angry seas off the peninsular.

Behind us too was much painful legwork...the race had begun pleasantly enough with a delightfully scenic 10k around the clifftop paths near Oban then a frantic row out to our yacht, Lightning Reflex (otherwise known as Frightening Defects). Tonys' skill on the penny whistle added to the ceremony of the occasion as he piped rhythmical encouragement to Dave, our intrepid oarsman. The yacht sped us out of the natural harbour but our promising start was followed by a painfully slow interlude as we manned the oars to escape the calm waters at the entrance to the sound of Mull.

Once ashore on Mull, the road from Salen led us to a once fine but now steep boggy, strength sapping stalkers path which traversed the lower flanks of Ben More above. Having gained the col our pace quickened, even as we traversed gingerly the steep scree slopes of A'Chioch to gain the summit ridge. The steep scramble to the top was rewarded with a spectacular cloud inversion, a sea of cotton wool stretched below us in the setting sun.

A compass anomaly gave cause for concern as once again we descended into the clag, but we were heartened by the quick location of the checkpoint in the corrie below. A tricky traverse ensued, we kept high in the mist, in hindsight a little too high, and wondered in awe at the terrible fate of the crew of a crashed aeroplane, as we picked our way through the wreckage strewn across the mountainside.

Another checkpoint ticked, we descended rapidly dropping from one traversing deer path

to the next until we reached the tarmac as darkness fell. The interminable road back to the coast brought us eventually to the welcoming mast lights bobbing round in the small harbour.

The 3 man sailing crew made magnificent progress through the night and we soon entered the shelter of the Small Isles, with inches to spare according to the depth sounder! We were about to begin our ascent of the Paps of Jura, looking ominous and unwelcoming in their shrouds of mist.

The myriad of gentians lifted Tonys' spirits as we tackled the boggy approach to the first steep climb of these magnificently rugged hills of Jurassic limestone. The weather only worsened as we crossed the summits and eventually careered down the unstable talus slopes to gain an even more boggy path leading to the road, the yacht and the rough crossing to Arran.

"Is that our hill there?" Tony asked, "...that pointy one that looks like Cnicht?" as if by magic the glimmer of headtorches near the summit answered the question, betraying the position of some front runners. The bright lights of Brodick shone below us as we descended Prospect Hill at a good pace, eager, by now to get up there and back and get this endurance race over and done with.

As we approached the checkpoint on the Eastern shoulder a red crescent moon hung incredulously above the twinkling lights of the coastal towns along the mainland. Daylight broke as we reached the summit, where, as if in homage, numbed fingers offered the penultimate tag to the checkpoint flag, which was white with frost.

A thrilling descent over the white granite boulders in the crystal clear light of a fresh spring highland morning gave us a feeling of hope and fulfillment, helping us tackle the last weary miles over Prospect hill to the yacht in distant Lamlash bay.

The final sail to Troon was no more than a blur to me, collapsed in my bunk the crew were unable to wake me. I can safely say that this is the first fell race I've completed when I've been fast asleep at the finish line!

Geoff Oldrid (Aberystwyth AC) & Tony Hodgson (Meirionnydd running club) were the running pair who, along with the sailing crew of three, Skipper Geoff West, Rob Howarth and Dave Bird sailed from Oban to Troon via Mull, Jura & Arran and completed over 60 miles of running in a total time of 46hrs 30min 52sec. to finish 7th overall and an impressive 2nd in their class. Next year they plan to undertake all three Three Peaks races, the first of which is in Tasmania, gluttons for punishment that they are.

Râs Y Garn Saturday 29th July

The Y Garn race took place from Rhyd Ddu, near Beddgelert. This year the race was a counter in the Welsh Fell Runners Association Open / Welsh Championship and North Wales Series. Weather conditions were wet and windy and with low cloud.

Matt Gilbert of Wrexham led at the summit followed by Steve Gilliland of Bro Dysynni. However, both runners missed the next checkpoint at the bottom of the hill and were disqualified. This allowed Richard Roberts of Eryri to win the race in a time of 31 minutes and 19 seconds. Adam Haynes of Meirionnydd was 2nd (also 1st over 40) in 32.22, and Ian Hughes of Shrewsbury 3rd in 32.24. The over 50 category was won by Graham McAra of Cheshire in 35.18, and first over 60 was Don Williams of Eryri in 38.16.

The ladies race was won by Andrea Roberts of Eryri in 38.56. Gill Evans of Shepshed was 2nd (also 1st over 40) in 42.06, and Dawn Urqhart of Buckley 3rd in 43.02.

I would like to thank all the following for their help on the day in the wet conditions - Geoff Clegg, Sheila Lloyd, Dave Hill, Brian Evans, John Carson. Also, thanks to Team Dolly for providing radio cover.

Ross Powell

A Gentlemans Fell Running, Cycling and Epicurean Adventure

continued from page 2

than our uncomfortable ascent of Cader Idris. Thankfully, navigation through the trackless wastes higher up was not an issue as Molehill was an experienced guide. We had an uneventful return to the waiting support in Hafren.

What was becoming increasingly clear was that the weather was sapping our energy (and the energy of our support crews) more than anticipated. Eager to avoid a repeat of the previous day I proposed a shortening of the first cycling leg of the day. This was readily accepted and we drove off to Tylwch on the back road to Rhayader which was a pre-scheduled refreshment stop at the home of Molehill. En route, we stopped off at the Travellers Rest in Llanidloes to make a presentation to the owner, Mrs Gough, who for countless years had provided welcome wholesome fare to weary travellers on

the A470. Sadly, she was in hospital with pneumonia, and we learned some time later that she did not recover. Our condolences go to her family and friends.

The Tylwch welcome was typical of the good nature of the whole event, with tea and cakes, tortoise inspection and whisky tasting all part of the fun. But it was soon time to saddle up if we were to take advantage of the shortened cycling leg and we were in for an unexpected treat. The back road to Rhayader is a bit up and down but free of traffic. However, it saves it's best for last since the final mile or so is a flat out descent that allows unfeasible speeds. Hugh Aggleton, being in possession of a posh bike computer, recorded 48 mph down this bit. I can confirm that is damn fast! We now had an inevitable stretch of A470 to cover en route to Builth Wells. I

had been concerned about this beforehand, but I needn't have worried. We were all really in the groove by now and we swept along, averaging 16 mph. We had no trouble with traffic and our progress seemed rapid. More to the point, it was fun, not the bum-breaking agony I had anticipated. From Builth to Brecon, we elected to take the back road to Llyswen which turned out to be really quick as it is built on an old railway track and makes for super-swift progress. Rejoining the A470 at Llyswen brought us back to earth with a bump, especially the interminable gentle climb over Yr Allt which was tiresome in the extreme. The fast drop into Brecon was a good chance for a breather before the final stretch of technical cycling up the back lanes to Cwm Llŵch.

Ordinarily, the straightforward ascent of Pen Y Fan from the Cwm is a pleasurable train

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AUGUST 28 - MACHEN
SEPTEMBER 10 - LLYN Y FAN

SOUTH WALES SERIES - TWO RACES REMAINING
Full table on www.wfra.org.uk or contact Ross Powell

Pos.	Name	Cat	M S	Sarn Helen Time	Sarn Helen Score	Mynydd Tread Time	Mynydd Tread Score	Blaengwnfi Time	Blaengwnfi Score	Pumlumon Time	Pumlumon Score	Callow Time	Callow Score	Total Score
1	Joe Blackett	DPFR	M S	110.06	101	65.32	97	69.17	104	44.59	101		0	404
2	Roger Chamberlain	Sri Chinmoy A C	M S	137.21	76	76.59	79	98.40	64	52.49	84		0	303
3	John Darby	Mynydd Du	M 50	171.28	45	78.47	77	87.27	79		0	75.35	77	278
4	Tony Robson	Pennine F R	M S	122.52	89	70.09	90	100.18	62		0		0	241
5	Richard Hooley	MDC	M 50		0	79.15	76	87.55	79	54.46	80		0	234
6	Paul Edwards	U/A	M 40	131.11	82		0		0	56.28	76	78.11	72	230
7	Matthew Collins	MDC	M S	105.17	105	56.42	111		0		0		0	216
8	Crispin Flower	Mynydd Du	M S		0		0	69.16	104	46.37	97		0	202
9	Ian Hughes	Shrewsbury	M S		0		0	70.27	103		0	62.11	98	201
10	Roland Stafford	Mercia	M S		0		0		0	49.18	92	60.07	102	193
11	Gary Gunner	Croft Ambrey	M 50	148.55	66	86.56	64		0		0	85.36	60	190
12	Helen Bennett	MDC	F S		0	95.34	50	98.55	64	58.43	71		0	185
13	John Syms	MDC	M S		0		0	77.23	93	52.12	85		0	178
14	Martin Shaw	Brecon	M S		0	73.47	84		0	50.06	90		0	174
15	Dave Powell	U/A	M 40	127.24	85		0		0	52.02	86		0	171
16	Russell Mapp	Ludlow	M 40		0	73.42	85		0		0	70.13	85	170
17	Graham Spencer	Mercia	M 50		0		0		0	52.29	85	71.58	83	167
18	Andrew Blackmore	MDC	M S		0	78.40	77	86.21	81		0		0	158
19	Ross Powell	WFRA	M 40		0		0	89.20	77	54.57	79		0	156
20	Neil Lewis	MDC	M S		0		0		0	54.15	81	82.34	65	146
21	Chris Wride	Teignbridge Trot	M 40	144.24	70		0		0		0	91.34	51	120
22	Mark Palmer	MDC	M 40		0	56.54	111		0		0		0	111
23	Clive Evans	Aberystwyth	M 50		0	101.14	41		0	60.32	67		0	108
24	Michael James	Shrewsbury AC	M S		0		0		0	44.30	102		0	102
25	Steve Rees	Port Talbot H	M S	108.59	102		0		0		0		0	102
26	Stephen Gilliland	Bro Dysynni	M 40		0		0		0	44.50	101		0	101
27	Mark Bollom	Mercia Fell R	M S		0		0		0		0	60.36	101	101
28	Edward Davies	Mercia Fell R	M 50		0		0		0		0	61.24	100	100
29	Adam Hayes	Meirionydd RC	M 40		0		0		0		0	61.58	99	99
30	Mat Gilbert	Wrecsam AC	M S		0		0		0	46.25	98		0	98
31	Michael Davies	UWA Harriers	M 40	113.43	97		0		0		0		0	97
32	Andrew Carruthers	Halesowen A C	M 40		0		0		0		0	63.46	96	96
33	Mike Evans	Trots	M S	115.59	95		0		0		0		0	95
34	Carwyn Thomas	Sarn Helen	M S	116.12	95		0		0		0		0	95
35	Trefor Jones	Mercia Fell R	M 40		0		0		0		0	64.14	95	95
36	Patrick Wooddisse	MDC	M S		0		0	76.06	95		0		0	95
37	Kevin Griffiths	Trots	M S	119.08	92		0		0		0		0	92
38	Pez Bullen	Keswick AC	M 40		0		0		0		0	65.56	92	92
39	Les Hewitson	Ingli Runners	M 40	120.11	92		0		0		0		0	92
40	Graham Jones	Shrewsbury AC	M 50		0		0		0	49.46	91		0	91
41	Mark Saunders	MDC	M 40		0	70.00	90		0		0		0	90
42	Tom Morgan	Mynydd Du	M 40	121.37	90		0		0		0		0	90
43	Paul Cadman	Mercia Fell R	M 40		0		0		0		0	67.57	89	89
44	Gary Pearson	Croft Ambrey	M S		0	70.52	89		0		0		0	89
45	Steve Turk	Shrewsbury AC	M S		0		0		0	50.40	89		0	89
46	David Burton	Tarren Hendre	M 40		0		0	80.59	88		0		0	88
47	Glyn Price	Sarn Helen	M S	123.51	88		0		0		0		0	88
48	Helen Fines	Bristol & W	F S		0	71.28	88		0		0		0	88
49	Simon Norwood	Ludlow	M S		0	71.32	88		0		0		0	88
50	Anna Bartlett	Shrewsbury AC	F S		0		0		0	50.58	88		0	88
51	Graham Mc Ara	Cheshire HR	M 50		0		0		0	51.00	88		0	88
52	Ann Thomas	Trots	F S	124.22	88		0		0		0		0	88
53	Colin Lancaster	Ludlow Run'rs	M 40		0		0		0		0	68.53	88	88
54	David Headon	Les Croupiers	M 40	124.45	87		0		0		0		0	87
55	Huw Lewis	Buckley	M 40		0		0		0	51.28	87		0	87
56	Phil Adams	Neath Harriers	M 40	125.32	87		0		0		0		0	87
57	Donald Williams	Eryri	M 60		0		0		0	51.41	86		0	86
58	David Currie	Southampton	M S		0	72.56	86		0		0		0	86
59	Keegan Galley	U/A	M S	126.38	86		0		0		0		0	86
60	Martin Callaghan	Ludlow	M S		0	73.05	86		0		0		0	86
61	Noel Hogan	Newport & Dist	M 40		0		0		0		0	70.11	85	85
62	David Ralphs	Newburgh N	M 40		0		0		0		0	70.24	85	85
63	Mark Fenn	Mercia FR	M S		0		0		0		0	70.32	85	85
64	Ben Gregory	Cheshire HR	M 50		0		0		0		0	70.51	84	84
65	Martin Cortvriend	Macclesfield H	M 50		0		0		0	52.43	84		0	84
66	David Tomlin	Teignbridge Trot	M S		0		0		0		0	71.03	84	84
67	Russell Ashdown	Unattached	M S		0	74.06	84		0		0		0	84
68	Stephen Powell	Port Talbot H	M 40	129.15	83		0		0		0		0	83
69	Mark Dunscombe	Sarn Helen	M 40	129.32	83		0		0		0		0	83
70	Andy Morgan	Clwydian RR	M 40		0		0		0	53.20	83		0	83
71	Chris Fulchers	Port Talbot H	M S	130.03	83		0		0		0		0	83
72	Mick Learoyd	MDC	M 40		0		0	85.09	83		0		0	83
73	Rachael Bollom	Mercia FR	F S		0		0		0		0	71.57	83	83
74	Nigel Rowlands	Clwydian RR	M S		0		0		0	53.30	82		0	82
75	Mick Ligema	Ludlow	M 50		0	75.19	82		0		0		0	82
76	Emyr Davies	Eryri	M 60		0		0		0	53.38	82		0	82
77	Jamie Thomas	Sarn Helen	M S	130.55	82		0		0		0		0	82
78	Huw Price	Sarn Helen	M 40	131.25	81		0		0		0		0	81
79	Shan Roberts	Ingli Runners	F S	132.00	81		0		0		0		0	81
80	Leo Murray	Shrewsbury AC	M S		0		0		0		0	73.07	81	81
81	Gareth Ayres	Port Talbot H	M S	132.26	80		0		0		0		0	80
82	Andrew Hearle	Mercia FR	M 50		0		0		0		0	73.14	80	80
83	John Linley	Clwydian RR	M 50		0		0		0	54.43	80		0	80
84	Lynn Green	Ingli Runners	F 40	133.50	79		0		0		0		0	79
85	John Thompson	Skelmersdale	M S		0		0		0		0	74.03	79	79
86	John Morris	Buckley	M 60		0		0		0	55.02	79		0	79
87	Haydn Lloyd	Sarn Helen	M S	134.30	79		0		0		0		0	79
88	Peter Davies	Sarn Helen	M 50	134.56	78		0		0		0		0	78
89	Keith Richards	Mercia FR	M 50		0		0		0		0	74.45	78	78
90	Simon Blease	Brycheiniog	M 40		0	78.07	78		0		0		0	78
91	Stephen Jones	Islwyn	M 40	135.51	77		0		0		0		0	77
92	Richard Morgan	POW	M 40		0		0		0	55.51	77		0	77
93	Adrian Stott	Sri Chinmoy	M 50		0	78.48	77		0		0		0	77
94	Eddie Austrums	Mercia FR	M 50		0		0		0		0	75.48	76	76
95	Steve Jones	Eryri	M 50		0		0		0		0	75.48	76	76
96	Andrea Roberts	Eryri	F S		0		0		0	56.35	76		0	76
97	Andy Stott	MDC	M 40		0	79.30	76		0		0		0	76

A Gentlemans Fell Running, Cycling and Epicurean Adventure

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ing jaunt but there was nothing ordinary about our condition after the exertions of the two days and the pressure cooker weather we had been subjected to. So, what should have been an easy pull over very familiar territory turned into a titanic struggle of knackered flesh and sinew against unremitting gradient. Our mood darkened along with the weather as storm clouds boiled up behind us in the tropical remains of the day. But, despite the grumbles of thunder, we were not treated to refreshing rain and it was a fairly dejected, cramp-struck group who finally touched the highest point in South Wales. Fortunately, the descent down the uninspiring 'toilet track' to Storey Arms is not technically demanding and our support crews gave us a great welcome as we arrived at our last transition for the 3 mile cycle sprint to the finish at Nant Ddu. I say sprint advisedly since it is all downhill and so gravity can take most of the credit for the light-speeds achieved by the more experienced cyclists. Even more family and friends were waiting at the finish line and we were treated to a reception that would have done Lance Armstrong proud. Our plans for a black tie dinner were scuppered by a curmudgeonly landlord who refused to serve us but I think everyone was too tired to care! The weigh-out confirmed that most of us had lost 3kg and Mark had lost 6kg! No wonder he felt so light headed! The out and out winner turned out to be Doug Adlam who, quite remarkably, had lost no weight at all. This was doubly surprising since not only had he been bounding off into the horizon on the runs and invariably dragging the peloton along on the roads, he had not been visibly eating or drinking en route. So he must have an alien metabolism!

I'll not trouble this report with exact times and distances covered since record setting was not the primary intention of a fun-oriented event. However, everyone seemed to enjoy it so much that it is intended to repeat the exercise, with amendments. That time, we may try to set a record that will set a mark for others. For now, I can tell you that there are few better ways of seeing the high places and by-ways of Wales in such a short space of time. As always, it's the quality of the people taking part, especially those in support, who make it so much fun and I'd like to extend my thanks to everyone who had a hand in making this a truly memorable weekend.

CADER IDRIS RACE

27 May

Graeme Stringer

The 2006 Cader-Race.co.uk, sponsored by Cader Idris Outdoor Gear, saw a massive record entry of 233 competitors in the main event with a large number of runners travelling from around the UK to take part in what is becoming one of the premier fell running events in Wales.

The day was opened by Lord Dafydd Elis-Thomas, race President, and the junior races, sponsored by the Lemon Grass Restaurant, got underway at 11.15. Over 70 children took part in the 4 races which act as a superb curtain raiser to the main event. The Barmouth Samba Band were once again on hand to lend some depth to the feeling of the afternoon and their drumming once again proved inspirational to many of the runners. The main race got underway at 2pm, with a warning from the race co-ordinator that the section behind the Gwernan Lake was underwater, but this didn't appear to hamper Dark Peaks Lloyd Taggart who led from start to finish crossing the line just outside the

course record in 1.22.36. Second place was claimed by Shrewsbury's Michael James, in 1.26.19 with Pete Vale of Mercia coming home in third in 1.27.36, all times which could have won the race in previous years. The ladies race was won by British International Mary Wilkinson, of Skipton AC, who smashed the 14 year old ladies course record, despite the atrocious conditions underfoot, taking over 9 minutes off the record coming home in 8th position overall in 1.33.58. Jackie Lee of Eryri, race winner in 2004, came home second in 1.44.02 with Shrewsbury's Anna Bartlett third in 1.46.22.

Steve Gilliland, was the first 0/40 in 1.32.13 and Rees Owen in 17th place overall in 1.42.45. Dave Whittey and Tony Hodgson, of the Meirionnydd Running Club, finished in 1.59.01 and 2.00.03 respectively, while their team mates, Kate Bailey (2.01.56) and Andrea Goode (2.04.03) finished as 5th and 6th placed ladies overall. Meirionnydd's Iori Jones, who had had half his beard and head shaved for charity just before the race start, utilised his new-found aerodynamics finishing in 2.08.03, closely followed by Dysynni's Hugo Iffla (2.08.06) and Bob Chilton (2.10.01). Juliette Edwards, hampered by her frequent mud baths on the mountain finished in 2.21.21, with Meirionnydd's newest fell



Mudded Juliette Edwards

runners (none of whom had raced on the mountain before!), Pete Nicholls (2.29.07), Kevin Evans (2.31.02), and Margaret Roberts (2.49.10) acquitting themselves well.

Hardest Walking Route in Europe?

WFRA members looking for that little bit extra in the way of a mountain challenge might like to try for the record on Corsica's notorious long distance mountain 'footpath,' the GR20.

As a lapsed fell runner who tackled the route in traditional style - walking - earlier this year I can assure interested readers that the GR20 amply deserves its reputation as the hardest walking route in Europe.

It is usual to walk the route in 15 stages of between 5 and 8 hours duration, and to walk from north to south. Stage lengths are governed by the location of the Refuges, mountain huts where you can stay for the night, either in the Refuge or, as we did, camping nearby. At most Refuges you can also get a substantial meal and a (less substantial) breakfast.

Of course, if you are planning an attempt on the running record none of this will be of much interest because you will not be stopping. And perhaps you are already thinking this does not sound too bad - 'What is this bloke talking about?'

Well, let me explain that, by the time you have run these 15 stages you will have covered over 170km of very rugged mountain terrain, all at between 1000m and 2000m, and your total ascent will have amounted to 11,530m. It is said that about 17,000 walkers attempt the route each year and only a third of them make it to the end.

And do not rely on the weather being very helpful either. We

set out on 1st June in pleasant sunshine and climbed over a series of ridges, 4000 feet of ascent in all, to reach the first refuge. After a good meal we got into the tent, very tired, at about 9pm, just as it began to rain.

Within a short time the rain turned to snow and it kept snowing until the middle of the following day. There was no possibility of going forward over a 2000m ridge now blanketed by over a metre of snow.

After a retreat to the valley and a climb to the second hut by an alternative route the weather worsened again. We retreated again and took the drastic step of getting right out and going to the south of the island to tackle the route from the opposite direction.

From then on things took a turn for the better and, in the end, we managed the 15 stages in 13 days, thankful that, although the weather had settled, we had not been troubled by days of exposure to extreme heat on the long stretches of rocky ridges that are a feature of the route. Ironically this had been our greatest weather concern before we had set out.

Scanning the web recently I noticed that 'roasting heat' did play a part in impeding a projected speedy traverse, also from south to north, by one Chris Upson, a resident of Scotland.

According to his weblog Chris started a month after us and finished in a very creditable 8 days, 6 of which were actually

on the move and 2 days resting with sore and badly blistered feet.

He mentions extreme heat on the first and last days at least and says he did not do much jogging. Nevertheless he reckons his actual running and walking time was only 59 hours and 51 minutes.

Believe it or not that is a very long way short of the current record, held since 27 August 2005 by Pierre Santucci. He left Calenzana in the north at 3.40am in the morning of 26 August and arrived at the southern terminus (Conca) at 4.33pm in the afternoon of the 27th, total running time 36hours 53minutes and 5 seconds!

It is pretty safe to assume that, unlike Upson, Monsieur Santucci did not carry 10kg on his back. No details of the weather are known but apparently the run was officially controlled and timed by FFME (Fédération Française de Montagne et d'Escalade).

The previous record of 37hours and 7minutes was held by Jean-François Luciani, and had stood since June 2000. Luciani had knocked nearly 2 hours off the preceding best time of 38hours 54minutes, run by Patrick Costa.

All three men are 'locals,' living in Corsica and clearly having some familiarity with the route. In a previous attempt, apparently beset with problems, Santucci recorded what now stands as the fourth best time of 40hours 33minutes.

Bill McCann

LLANTHONY SHOW

3.5miles 1100'

Local boy Paul Phillips went one better than his second place in 2004. Seasoned fell runner Di Vorres improved his third place two years ago to second (and first M40) despite a tumble at the start.

The first M50 contest was a desperate sprint through the horse boxes and refreshment tents above the finish with Steve Herington just pipping his Hereford Courier friend (?) and rival, Steve Littlewood, by dint of a craftier line!

16 year-old Max Murdoch made the move up to the Senior race with an excellent 8th place. Ang Jones put in a good performance for first woman, despite a tiring pre-race evening clearing the bracken on the course.

Thanks to marshals and helpers, Ang Jones, Carol Meredith, Eric Meredith and Neil Lewis. And thanks to young Arunn Jones, who started the race with a blast on his whistle! Results: 1 Paul Phillips SM Brecon Multisport 31.01; 2 Di Vorres M40 32.12; 3 Karl Warn SM 32.45; 4 Nick Folland M40 u/a 33.05; 5 Wheeze M40 33.53;

Dick Finch

Chairmans Jottings

Membership Up

The Welsh Fell Runners Association continues to go from strength to strength. Both the membership and number of WFRA insured races are up on last year.

WFRA Championship and Series

The latest WFRA Championship and Series Tables appear elsewhere in this Newsletter. The North Wales Series continues to be well supported. However, in the Open / Welsh Championship, it is apparent that very few runners are prepared to travel North / South (although quite a few were prepared to go to Pumlumon in Mid Wales). This has always been a problem. Should the Open / Welsh Champs be changed to try and encourage greater participation? Some of the options that have been suggested by members are as follows:-

1. Making the Champs any 4 from 6 (some runners have said that they do not participate at present because they have to include a long race).
2. Have the Open / Welsh Champs as a one off race in Mid Wales (eg Pumlumon).
3. Include 5 year age categories for veterans in line with what has been introduced in England. My view on this

LEG END 9 Sunday 13th August

The Leg End 9 race, sponsored by Conwy Outdoor Shop and Sinclair Power Access, took place from Dwygyfylchi, near Penmaenmawr. This race was a counter in the Welsh Fell Runners Association North Wales Series. Weather conditions were ideal for the runners being cool, dry, overcast and the tops were clear.

The race was won by Gavin Williams of Dark Peak (also 1st over 40) in a time of 1:19:21 Bryn Williams Eryri was 2nd in 1.20.07; Rob Crane WFRA 3rd 1.20.53; 1st o/50 Rob Collister u/a 1.25.15; 1st o/60 Don Williams, Eryri 1.24.35.

The ladies race was won by Andrea Roberts, Eryri in a new record time of 1.29.20. Kirsty Murray, Orkney Tri 2nd 1.33.46; Sandra Rowlands, Clwydian 3rd 1.41.41. 1st o/40 Ellie Salisbury, Eryri 1.42.33, 1st o/50 Maggie Oliver Eryri 1.45.00.

suggestion is that there are not sufficient numbers competing in most of the Welsh races to justify this change. There is however, no reason to stop individual race organizers introducing 5 year age categories if they so wish.

What are your views on these suggestions? Do you have your own ideas for change? Please let us know.

Website

We have been having difficulties updating the website as quickly as we would like. We apologise for any inconvenience caused and we are trying to resolve the problems. If you want details of forthcoming

races, results, or latest WFRA Champs Tables, and they are not on the website, please contact me - Ross Powell tel 01286 881491, or e mail rosspowell@wfra.org.uk, and I will try to help. If you are a race Organiser please send results and race reports to me and I will act as a point of contact for this information.

Phew-what a scorcher!

This has been one of the hottest summers on record. If this is a sign of global warming then perhaps fell running will have to become a winter only sport! I certainly suffered in the heat and humidity at some of the races this year (eg Moel y Gamelin). The long spell of

good weather had, however, made many runners complacent. When the fine weather changed (on the day of the Y Garn race) to wind, rain and low cloud, several runners were caught out by not bringing sufficient kit for the conditions. As we are all aware, the British climate can never be relied upon. Runners are therefore reminded to always take the following kit to all fell races in case you are required to carry it - map, compass, whistle, gaiters, overtrousers, other clothing appropriate for the conditions, together with emergency food.

Keep this gear in your bum bag and keep it in your race kit bag. You could be required to carry it in any race whether it is long, medium or short!

'TICK ALERT' CAMPAIGN 2006

1000's of walkers/fellrunners risk a deadly disease.

The 'Tick Alert' campaign is warning UK travellers about Tick Borne Encephalitis (TBE), a viral disease contracted via the bite of an infected tick. It can lead to meningitis and in serious cases result in paralysis and death, with about one in 30 cases proving fatal.

Travellers to 16 central and eastern European countries, including Germany, Switzerland and Austria, are at risk where the TBE-infected tick population is officially endemic - especially those visitors who have not been immunised or taken bite prevention precautions.

Other at-risk areas include many of the new popular European outdoor holiday destinations such as Croatia, the Czech Republic, Slovenia and Slovakia, where there is a growing family and outdoor adventure travel market. It is estimated that there are over 3,000 cases each year in endemic countries.

TBE-infected ticks are found typically in rural and forest areas from late spring and throughout summer. At-risk groups include all visitors to rural areas of endemic countries, particularly those participating in outdoor activities such as trekking, hiking, climbing, running, cycling and camping.

A number of measures can be taken to reduce the risk of infection: using an insect repellent, wearing trousers and long-sleeved clothing to cover all areas of exposed skin, regularly

inspecting for tick bites and carefully removing any found. The disease can also be transmitted by the ingestion of unpasteurised milk which should be avoided.

Tick diseases are not only found abroad. Families planning camping and activity holidays in rural areas of the UK are being urged to protect themselves against home-grown tick diseases. It is estimated the number of UK cases of Lyme

disease could be as high as 2,000 a year.

However, the Foreign Office advises that visitors to TBE endemic regions seek inoculation advice from their local surgery or clinic - well before travelling.

Lyme disease is caused by ticks carrying the bacterium *Borrelia burgdorferi*, while TBE is caused by ticks carrying flaviviruses.

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Snowdon Race 2006

I woke up this morning with a smile on my face, was it all just a dream? I checked my legs and arms, no bits of skin missing? I checked my feet, no blisters? I didn't feel dehydrated? I wasn't sun burnt? Must have been a dream!

I got out of bed, no aches, no pains, just a dream!

I reached the top of the stairs, the sweats started and I became nervous!

I stepped down onto the first step, ARRGGH! My thighs are on fire, step back up.

It wasn't a dream, I did do the snowdon mountain race.

I started again, first one step ARRGGH, then the next ARRGGH, can I reach half way?

Yes I can I mustn't give up.

I get half way, I can see the end, what do I do? Give up and go back to bed or dig in and get to the end. I must carry on.

Nearly at the end, the pain is overwhelming, I must reach the finish.

I reach the last step and collapse on the floor, sweating and in pain, I've done it, I've got down the stairs.

I rest for a moment and then try to get up, I can't, my legs don't want to work. My wife hands me a cup of tea.

I have my breakfast at the bottom of our stairs, with a smile on my face and some brilliant memories of yesterday's race.

Thank you to everyone involved or took part.

Rob Crane

BOB SMITH TRAVERSE

AUGUST 2006

As you might know, this is an 'individual challenge' and definitely not a race (oh no) from Llynfan to the Grwyne Valley, running over and cycling between the six 800 metre summits of South Wales and named after the first person to complete it, Bob Smith from Gower. Whilst this will never be a mass-participation event due to the logistics of moving bikes around the more obscure parts of the National Park, and also because it's not easy, numbers were a little down this year. Whether this was due to the counter-attractions of the National Eisteddfod or the Llanthony Fell Race was not clear.

Accusations of 'non-Corinthian' behaviour were made before the start, as a large yellow arrow had been seen painted on the road on one of the more obscure junctions on the first cycle leg. Despite protests, the yellow paint splashes on the culprit's feet proved identification and it was felt that having to spend the rest of the day with yellow feet was sufficient to spare John's public humiliation. Oops! So off into the mist shrouding the Black Mountain. The majority set off briskly on the direct ascent of Bannau Brycheiniog via the north ridge, whilst Douglas

took a longer but easier graded route via the gravel track to the filter beds. Although Doug's route is more runnable, accumulated experience has shown that the 'nose' route is rather quicker. By this time I was already being detached from the back of the group due to the brisk pace, and by the time I arrived at the first minor road transition (in a pb time nevertheless!) the others had already raced off on their bikes, with Astrid first a way. Obviously all that adventure race training with Tom Gibbs was paying off!

I saw nothing of events until Cwm Gwdi, after the Penyfan section, apart from the depressing sight of the support cars heading north down the A470 to Libanus while I was still cycling up. At least the roads on the steep descents to Heol Senni were dry this year and the suicidal sheep had been replaced by a more placid herd of cows in

the road. Having felt really tired on the bike ride, and conscious that I was dropping way behind, I opted to observe the rest of the event from the comfort of the car!

After crossing the three central peaks of the Beacons, Hugh was first into Cwm Gwdi, followed closely by a dense cloud of flying ants and a more respectful distance by his dad, John, who was content to just do the running legs this year. Hugh was away again as Toffer, Astrid and Doug came in close together.

The crux of the event is route choice on the long cycle to Pengefnorrd, with debate continuing about the relative merits of the main road via Talgarth and the back lanes via Llangorse. This year the issue was resolved comprehensively, with both Hugh and Astrid setting a fine pace through the lanes without getting lost. Meanwhile, Toffer's unplanned visit to the Talgarth Gliding School cost him about 20 minutes - and possibly the veterans' record - whilst Doug had seized with cramp in Brecon and lost a lot of ground on this leg. I had told him that once past 40 you start getting problems.

Feeling slightly refreshed I joined in with Toffer on the last leg over Waun Fach and Pen y Gader, but after the initial drag up Pen Trumau he pulled away on the exceptionally dry peat, being met by fellow Steam Bunny, Simon Blease, fresh from the Llanthony race, on the last summit. Meanwhile Hugh had been paced over the tops by John to a very impressive finishing time, which makes Tom's record of 4.36 seem not quite as superhuman. Not bad for a rower/cyclist!

Astrid was second, with a seriously impressive inaugural ladies' record which will take a lot of beating, although she thinks there are large chunks to

be taken off now that she knows the route. Sub-5 next year? The two vets came within reach of the vets' record, but navigation errors and cramp put paid to any aspirations they may have had.

We were delighted to see 'Eponymous' Bob Smith pouring the champagne at the finish: an injured knee prevented him from taking part this year but he hopes to be back next year when he will be 70! Makes me feel a right wimp...

As usual the event couldn't take place without our various supporters giving up a day so we can have our fun. So many thanks to Phil, Jane, Sarah and Kay for transporting the advice and handing out the drinks, and of course to Bob for making the long trip on his moped to see us finish. Next year we will be looking at August 11th so Bob can set a M70 record, provided John Sweeting will move the Waun Fach race!

Not the results ('cos it's not a race!)

1. Hugh Aggleton MDC SM 4.53; 2. Astrid Wheatcroft MDC SF 5.16; 3. Toffer Gildersleve CRB M45 5.26; 4. Doug Adlam MDC M40 5.40. DNF Martin Lucas MDC M50 Sections 1, 2 and 5; John Aggleton MDC M50 Sections 1, 3 and 5; Simon Blease CRB M40 part Section 5.

For the record (!), the records are:

SM: Tom Gibbs MDC 4.36 2004 Ladies: Astrid Wheatcroft MDC 5.16, 2006; M40: Phil Holder Harlequins 5.14 2005; M50: John Aggleton MDC 5.24 2005; M60: Bob Smith MDC 6.50 (?) 2004

Old Grey Beard

TICK ALERT

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Symptoms of Lyme disease include acute, arthritis-like symptoms, lethargy and loss of appetite. If left untreated it can lead to severe lameness, neurological problems and even death.

The risk areas for ticks carrying Lyme disease in the UK include Exmoor, the New Forest, the South Downs, parts of Wiltshire and Berkshire, Thetford Forest, the Lake District, the Yorkshire moors Wales and the Scottish Highlands.

More information
www.masta.org/tickalert

NAVIGATION COURSES

Two further one day courses are being planned to take place in October/November. Both courses (Stage 1/Stage 2) will be held in Capel Curig.

Stage 1:

Consists of brushing up your map reading and navigation skills.

Morning: Indoor session instruction
Afternoon: Outdoor navigation instruction

Stage 2:

Consists of planning the most efficient fastest route between different features on a route.
Morning: Indoor session planning route
Afternoon: Outdoor on planned route synchronising map features with mountain terrain

S. Wales Navigation Course

A few runners in South Wales have expressed an interest in attending a navigation course. In response to this John Sweeting is prepared to organise a course if there are sufficient runners interested. So contact John as soon as possible.